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*Research suggests that carrying on working into old age can help protect against dementia. A study in the International Journal of Geriatric Psychiatry concludes that extended employment has a positive effect. Here's our Health Correspondent, Adam Brimelow:*

The study looked at nearly 400 men who **developed** Alzheimer's disease. It **assessed** the time they spent in full-time education, the type of work they did and the point at which they retired.

The researchers **detected no link** between **the onset of dementia** and education or occupation. But they found that every extra year at work **was associated with** a six week delay in Alzheimer's. They say this **points to the value of** keeping the brain active by working.

They also acknowledge that **the nature of retirement is changing**, and for some people it may be as **intellectually stimulating** as working. The Alzheimer's Research Trust, which funded the study, says more people than ever retire later in life to avert financial hardship, but there may be **a silver lining**: lower dementia risk. However it says much more research is needed in order to understand how to delay or prevent dementia.

Adam Brimelow, BBC News

## Vocabulary and definitions

<b>developed</b>	began to suffer from
<b>assessed</b>	examined/studied and then came to conclusions about
<b>detected no link</b>	found no connection
<b>the onset of</b>	the moment at which something unpleasant begins
<b>dementia</b>	when the functions of the brain become progressively worse
<b>was associated with</b>	here, caused, was connected with
<b>points to the value of</b>	shows that something - here, working - is good
<b>the nature of retirement is changing</b>	people who no longer work because of old age spend their time differently than old people did in the past (e.g. they travel more, do more physical and mental activities etc.)
<b>intellectually stimulating</b>	making the brain work
<b>a silver lining</b>	a benefit (comes from the proverb 'every cloud has a silver lining', meaning there is a positive side to everything, even to bad things)

**More on this story:** <http://news.bbc.co.uk/1/hi/health/8048523.stm>

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[http://www.bbc.co.uk/worldservice/learningenglish/language/wordsinthenews/2009/05/090525\\_witn\\_dementia.shtml](http://www.bbc.co.uk/worldservice/learningenglish/language/wordsinthenews/2009/05/090525_witn_dementia.shtml)